

# MAINE PUBLIC HEALTH ALERT NETWORK SYSTEM

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*Maine Department of Health and Human Services  
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(Formerly Bureau of Health)  
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***\*\*ADVISORY – Important Information\*\****

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**2009PHADV014**

TO: All Maine Health Alert Network Recipients

FROM: Dora Anne Mills, M.D., M.P.H., Public Health Director

SUBJECT: Three Probable H1N1 Influenza ("Swine Flu") Cases Identified in Maine

DATE: April 29, 2009

TIME: 3:00 p.m.

PAGES: 2

PRIORITY: High

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Maine Center for Disease Control and Prevention (Maine CDC)  
(Formerly Bureau of Health)

### Three Probable H1N1 Influenza (“Swine Flu”) Cases Identified in Maine

As of 12:30 PM April 29, 2009, 3 probable cases of H1N1 Influenza (“Swine Flu”) were identified in Maine. Two of the individuals are residents of Kennebec County and the third is a resident of York County. All are non-elderly adults. Samples from the three were tested this morning at Maine CDC’s Health and Environmental Testing Laboratory (HETL). The samples will be submitted to the US Centers for Disease Control and Prevention for final confirmation, which is highly likely. The cases are currently being investigated by Maine CDC infectious disease epidemiologists.

The most important strategies to minimize swine flu’s impact in Maine are those of **vigilant respiratory hygiene**: covering coughs and sneezes with sleeves or elbows; washing hands frequently; and staying home if ill, especially with a fever.

Additionally, everyone should **stay informed** since this event is rapidly changing and resulting guidance is as well. The U.S. CDC’s website has updated national information and guidance, and can be found at: <http://www.cdc.gov/swineflu/>. Maine CDC’s website has updated Maine-specific information, including daily updates starting later today, as well as links to federal information. It can be located at: <http://www.maine.gov/dhhs/boh/swine-flu-2009.shtml> or found on the Maine CDC’s homepage: [www.mainepublichealth.gov](http://www.mainepublichealth.gov).

Importantly, **everyone should also make preparations**. These preparations include **activating a pandemic influenza plan**. Every hospital, other health care institution, emergency management agency, school business, agency or organization should activate their pandemic influenza plan. If one does not exist, then preparation check lists for a variety of settings including homes, businesses, and schools can be found at: <http://www.pandemicflu.gov/plan/checklists.html>.

**Health care providers** should call Maine CDC’s 24-hour clinical consultation line (1-800-821-5821) to report a suspected case and obtain testing information including expediting the transportation of samples for testing. Maine CDC’s Health and Environmental Testing Laboratory (HETL) will perform influenza RT-PCR tests and subtyping for influenza A positive specimens. Instructions on collecting and submitting laboratory diagnostic specimens for H1N1 influenza testing are available at [http://www.maine.gov/dhhs/etl/micro/submitting\\_samples.htm](http://www.maine.gov/dhhs/etl/micro/submitting_samples.htm).

#### Additional Information

For additional information about the current influenza outbreak, see: <http://www.cdc.gov/swineflu/> or <http://www.maine.gov/dhhs/boh/swine-flu-2009.shtml>. Those with general questions may also call our information support line at 1-888-257-0990 from 9am to 5pm. For additional information about CDC’s investigation of the current H1N1 outbreak, see <http://www.cdc.gov/swineflu/investigation.htm>.